

## **Association between Dysfunctional Beliefs and Attitudes about Sleep and Insomnia in Three Groups of Psychiatric Patients**

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### **Objective**

Dysfunctional beliefs about sleep are recognized to be associated with sleep disorders in general population. The author investigated frequency of dysfunctional beliefs and attitudes about sleep in three groups of patients suffering from psychiatric disorders (Major depression, bipolar and anxiety patients).

### **Methods**

Study sample for this cross sectional study consisted of 150 patients with



psychiatric disorders referred to psychiatry clinic of teaching hospital, Qazvin University of medical sciences, Qazvin, Iran. Inclusion criteria was patients with major depression, bipolar and anxiety disorders who were able to respond to questions. Fifty patients in each group were selected. All patients completed dysfunctional beliefs and attitudes about sleep (DBAS) and insomnia severity index (ISI). Data were analyzed by SPSS software version 19.

## Results

The mean scores of DBAS were  $46.4 \pm 12.1$ ,  $44.4 \pm 9.5$ , and  $42.8 \pm 9.8$  in bipolar, anxiety and major depression patients, respectively. The frequency of insomnia in our patients was 36%, 41%, and 47%, respectively. A positive correlation DBAS scores and insomnia was found in three groups ( $P < 0.05$ ). Some dysfunctional beliefs about sleep predicted sleep disturbance to a greater extent than others.

## Conclusion

Like general population, psychiatric patients have high frequency of dysfunctional sleep beliefs. Regarding the relationship between dysfunctional beliefs and attitudes about sleep with insomnia, future work is needed in this area for better management of patients.